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ABSTRACT

This workbook is one component of the Career Survival Kit prepared for teenage parents in Wisconsin. The workbook is designed to help teen parents identify their choices in preventing another pregnancy. It presents some thoughts about sexual decisions and responsibility. Birth control methods are described to help teens decide the best method for themselves. Making an informed decision about pregnancy and its prevention are stressed in order to help teen parents be clear about life choices and goals for the future. Activities focus on sexual rights and responsibilities, sexual decision making, short- and long-term goals, relationships and goals, and the consequences of pregnancy. Pressure "lines" that may be used to persuade a teen-ager to be sexually active and assertive responses providing a variety of examples of how to say no are included. (KC)

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career survival kit for TEEN
EDUCATION & EMPLOYMENT

Personal Choices Personal Power

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Personal Choices Personal Power

by
A. Frances Lindner

Vocational Studies Center
School of Education
University of Wisconsin

September, 1987

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DEDICATION

I would like to dedicate this Workbook to the teenage parents who participated in its development. Namely, those students from Wisconsin schools including: Beloit Memorial High School, the Racine District Assessment Center, Reuther Alternative High School of Kenosha, Milwaukee Spectrum, Inc. of Milwaukee, and Hudson High School. Their suggestions, comments, and personal histories were invaluable in the development of the Workbook.

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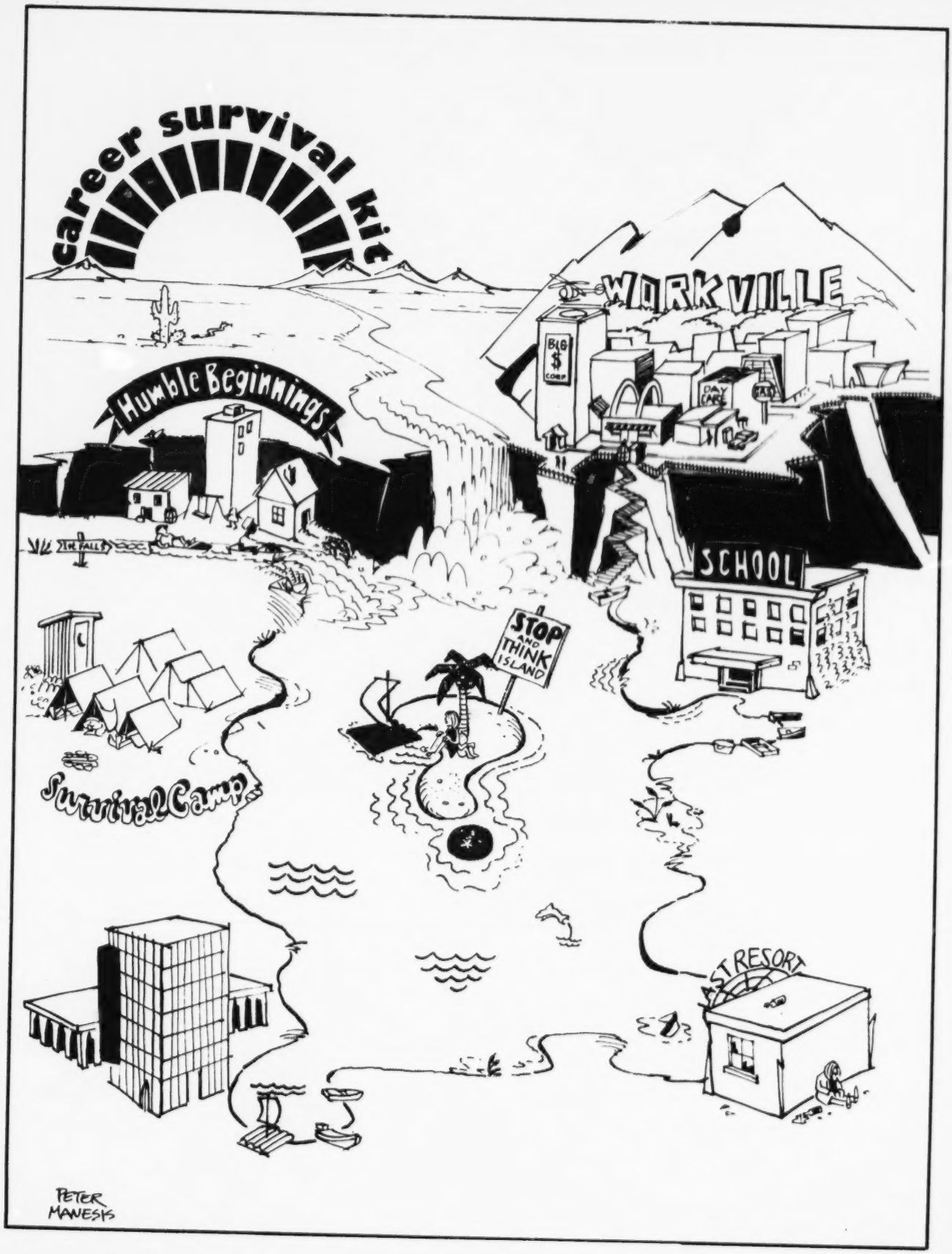
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RESORT
PETER MANESIS

Introduction

INTRODUCTION

How can you prevent an unwanted pregnancy? What do you need to consider in making decisions about pregnancy prevention? What would be the effects on your life of another pregnancy? What are your rights and responsibilities concerning sexual decisions? What health factors do you need to think about seriously? These are some very important questions to think about. The answers affect your health, the present and your future.

As a teen, you are responsible for your body, your health, and your sexuality. Taking this responsibility seriously shows that you care about yourself and your future.

Your sexuality includes more than just the physical act of sexual intercourse. It involves your values, feelings about yourself, your personal goals, the changes you experience physiologically as you become an adult, and your relationships with people. Your sexuality includes who you are as either a woman or a man.

Viewing your sexuality in broader terms which include those mentioned above can help you better understand yourself and the choices you need to make when you act sexually.

Many teen parents unexpectedly become pregnant again within the first year after they give birth. The information in this section is to help you make decisions about preventing this from happening. It discusses birth control methods and your choices, should you become pregnant again. There are activities to help you clarify your thoughts and feelings about sexual relationships, pregnancy and the risks.

Preventing another pregnancy needs to be seriously considered as your parent responsibilities become real, and as you make choices for your future. Learning to say "no" to sex and using birth control when you do decide to be sexually active are the best methods for taking responsbility for yourself and your future.

Looking at your short-term and long-term goals, and deciding how a relationship fits into those goals, is part of a decision-making process. When making these decisions consider your choices about education and career.

Setting goals will help you decide the direction you want to take in life. Making decisions about your health, pregnancy, and its prevention are part of setting goals.

Knowing your values and personal goals is part of becoming an adult. Asking yourself questions about relationships, what you want from a relationship, and your expectations, is one way to identify your values.

Sometimes all you want is to be close to someone and have a friend. Other times, you may want to be more intimate. This is the time to think seriously about the consequences for you and your future, as well as that of your child.

WHAT WOULD HAVING ANOTHER CHILD MEAN TO MY LIFE?

In the following space, answer the questions as best you can, given your present situation.

What would having another child mean for me and my present child right now?

1. Economically (having to support two children):

2. My social life:

3. My energy to keep things going for myself and two children:

4. Can I provide the same quality of loving care to two children?

5. How would having two children affect my chances for finding a partner with whom I can share my life and that of my children?

6. With two children, will I still be able to get the eduation and training necessary to find a career that will be rewarding to me?

7. How will having another child affect my finishing high school?

8. How will having another child affect my feelings about myself?

IMAGINE YOURSELF IN FIVE YEARS WITH TWO CHILDREN

Think about your life five years from now. If you got pregnant again, within a year after the birth of your first child, what would your life be like five years from now?

1. Economically, how will you be living? Where will you be living? What kind of a job will you have?

2. What will your social life be like?

3. How much energy will you have to maintain a household, family, career, or job?

4. What will life be like for your children?

5. Will you have a partner? If so, what will your relationship be like?

6. What education or training did you complete?

7. How would you feel about yourself?

Making Choices

YOUR CHOICES

If you get pregnant again, the earlier you know the more choices you have to consider. Some decisions need to be made quickly; some can wait.

Another pregnancy means you need to ask yourself about the impact another child will have on your life at this time and in the future.

You have been through this before, so use your valuable experience to make your decision. Think carefully about what it would be like to have another child.

You have choices. Knowing what they are can help you make a decision. It is a difficult one, and you may want to talk about it with someone, especially with your partner, family, relatives, friends, school nurse, physician, or a clergy person.

Decide how much you want others to be involved in the decision. Then seek support from those people while you decide what you want to do. Let them know that you want to make the decision yourself and would appreciate their support in helping you with what you decide to do.

Look for people who are nonjudgemental and who respect your confidentiality (ie., will not tell anyone unless you agree to it). It is especially important to find people who will not persuade you or try to direct your decision.

Be sure to make a decision based on your own values. Remember, IT IS YOUR DECISION. Gather as much information as possible before you decide.

Examine your values to be sure that your decision is one you feel comfortable with and can live with.

FACTORS TO CONSIDER

- What kind of life can you offer another child?
- Will the child have the quality of life it deserves?
- Are you able emotionally and physically to care for another child?
- Consider the financial costs of having another child. For example, how will you pay for medical care, food, clothing, education, child care, and other costs that will be part of your responsibility as a parent?
- What are the personal costs to you? How will another child change your life?
- What are the costs you face with your present responsibilities as a parent? Another child will add to those costs in much the same way.
- If you do not have parents or close family members you can talk to, there are people in the community you can contact who are trained to help in these situations.

There are people in community agencies who are trained to inform you about your options (ie., Single Parenting, Adoption, Marriage or Abortion) they can help you clarify your values so that you can make a decision on your own.

Some agencies will give you a pregnancy test and counseling to help you make a decision if you have a positive pregnancy test.

Some clinics do not include the choice of abortion in their counseling. Other agencies may say they do abortion counseling, but when you arrive you will be counseled to not have an abortion.

To get the kind of information you feel is right for you, ask people you know which agencies provide the services you want. Check with your school nurse. She or he will know which clinics provide pregnancy counseling. You can get information and pregnancy counseling from health clinics, teen clinics, hospital family planning clinics, private physicians, clergy, or community family organizations.

Some organizations will bill you according to your ability to pay. If you have no income, their services may be free. Ask the staff person about their fees <u>before</u> you receive their services.

We will now discuss some issues to consider if you are pregnant. They concern making a decision to increase your responsibilities as a single parent, getting married, adoption, or abortion. If you have a friend who needs to make this kind of decision, it might be helpful to share this information with her.

IMPORTANT CONSIDERATIONS

If you are pregnant three basic questions to ask yourself are:

1) Will you carry the baby to term or have an abortion;

2) If you carry the baby to term, will you give the baby up for adoption or keep the baby;

3) If you keep the baby, will you remain single or get married?

These three questions are basic questions to ask when deciding what to do about a pregnancy. The following information will help you identify your values and feelings while you make this decision.

One thing to consider is your own experience of having your first child. This is critical to your decision.

Pay attention to your feelings and inner thoughts when making a decision concerning the pregnancy.

KEY QUESTIONS TO ASK YOURSELF IF YOU ARE PREGNANT

In the space below, answer the following questions. If you are not pregnant you may want to answer them anyway to help you clarify your feelings about having another child.

- How did you make a decision to keep your present child? Are you happy and comfortable with that decision?

- In what ways has having a child changed your life?

- Are you ready to have another child?

- Can you financially support another child?

- What are your future goals for education, work, marriage, family, financial, etc.?

- Have you and your partner discussed your values and concerns about having another child? How would he react if you did talk to him?

- How much is your partner willing to help both financially and with parenting suppport?

- Will he actually be able to help as much as he says that he will?

- Are your parents able and willing to help with child care and financial support?

- What community agencies can offer you assistance in your role as parent?

- What do you think your life will be like in 5 years?

- Where will you live?

- Are your living arrangements adequate for raising a child?

- What resources are available to help you (community, financial, emotional)?

- What child care arrangements are available to you?

- What transportation is available to you?

- How will you acquire the necessary parenting skills?

- How involved will the father be in raising your child?

- What will another child contribute to your current situation?

- How do you feel about raising a child without a partner?

- What things do you still need to learn in order to be a good parent and student?

- How do you feel about giving up more of your freedom and privacy, and having less of a social life?

- How will having another child add to what you have already given up?

- How will you balance being in school with being a parent for more than one child?

- How will you afford the costs of feeding, clothing, and housing another child?

- What kind of child care arrangements will you need to make to stay in school and provide for your child?

- Can you afford medical care for another person?

- Do you know how much it costs to raise two children?

- Will you have to quit school to take care of your child?

INFORMATION ON ADOPTION

One of your choices is adoption. Adoption is a good option if you do not want to be a parent and do not want an abortion. After reading the information think carefully about your own personal feelings and examine your reasons for and against adoption.

NOTE: Peer pressure can often prevent you from making a decision based on your own values and reasons. Try to be aware of the influences around you that might be affecting your decision.

If a woman decides to place her child for adoption, she must go to court shortly after the birth to terminate parental rights. The father, if identified, must also terminate rights or at least be notified. The father doesn't have any inalienable rights to the child. He must provide a case for being able to care for the child.

Most agencies are statewide, and all place babies out of the region of the mother's residence. The waiting list of adoptive parents is extremely long, so agencies can afford to be very selective.

Criteria for selection of adoptive parents include:

- financial stability,
- documented infertility,
- psychological stability,
- under 36 years of age
- no more than one child in the family, and
- usually some religion (it depends on the agency whether or not a specific religion is required).

If the mother wishes, she may include in the court adoption record that she wishes to be contacted by the child when she or he reaches 18.

Then, if the child requests the records, they will give her or him information about biological parents. This stipulation or a serious medical problem are the only reasons for gaining access to adoption records.

The original birth certificate is issued with the correct time and place of birth, but with the adoptive parents' names. There is no indication of adoption on the birth certificate.*

There are many things to consider about making an adoption decision. It is always helpful to talk to as many people as possible about your decision. You will want to ask direct questions about your thoughts and concerns and about how to make an adoption plan.

Adoption may be the best decision for both you and your child depending on your feelings about it, your values, and your ability to support and take care of a child.

Many couples who are unable to have a child themselves are able and willing to provide a loving family. When considering adoption think carefully about your own ability to provide the best possible conditions for your child.

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*Reprinted with permission from the Adoption Information Center, West Allis, Wisconsin, 1987.

QUESTIONS TO ASK YOURSELF ABOUT ADOPTION

If you are considering adoption there are many things to think about. To help you clarify your thoughts, ask yourself the following questions and write an honest response to each one in the space provided.

- What do you know about adoption?

- What are your feelings about adoption?

- What things are important to you in making a decision to let your child be adopted?

- In what kind of environment would you want your child to be raised (value system, religious orientation, culture)?

- Is it important for you to choose the family in which your child will be placed or would you prefer that a qualified agency handle the adoption?

- Is this choice your own or are you being pressured by peers, family, or your partner (to either let your baby be adopted or to keep him or her)?

- Do you know any adoptive parents you can talk to?

- Do you know anyone who was an adopted child who you can talk to?

- What are the values of your family concerning adoption?

- Would it make a difference in your decision if you had a boy or a girl?

- What agencies offer adoption services?

- What are the procedures for placing your child for adoption?

- If you need information about adoption, who can you contact?

- Do you know and understand terms and responsibilities of adoption?

WHAT ARE YOUR VALUES AND FEELINGS ABOUT ADOPTION?

Of the choices listed below, consider your own feelings and values about each one. In the space provided, describe your values and feelings about adoption.

(This exercise will help you organize your thoughts and feelings about each choice if and when you need to make a decision.)

ADOPTION

SINGLE PARENT

If you have decided to keep your child, one of your choices is to be a single parent and not to marry. The following questions are designed to help you clarify your thinking in making this decision. Answer each questions as honestly as you possible can.

- How do you feel about assuming total responsibility for the care of your child?

- Will you establish paternity?

- How will you manage financially?

- How will single parenting affect your future plans for education and training?

- How will you stay in school and complete your education?

- What are your long-term goals?

- How does single parenting fit into your long-term goals (i.e., are there some changes you will need to make)?

- Who is your support network and how will they help you?

- Where will you live?

- Are your present living arrangements adequate for raising a child?

- What resources are available to help you (i.e., emotional, financial, community)?

- What child care arrangements are available to you?

- What transportation is available to you?

- What medical coverage is available to you?

- How will you acquire the necessary skills for being a parent?

- How involved will the father be in raising your child?

- What kinds of changes in your lifestyle will having this child make?

- How will your family respond to your decision to be a single parent?

- How will the responses of family and friends make you feel?

- Do any of your responses to these questions make you want to change your mind about single parenting?

WHAT ARE YOUR VALUES AND FEELINGS ABOUT BEING A SINGLE PARENT?

In the space provided describe how you feel about being a single parent to another child? What are the pros and cons when considering single parenting? What are your personal values about single parenting?

QUESTIONS TO ASK YOURSELF ABOUT MARRIAGE

In the space below, answer the following questions as best you can and with honesty.

- How do you feel about your partner?

- How do you feel about living with your partner on a day-to-day, long-term basis?

- When you are together with your partner, do you spend much of your time disagreeing and quarreling?

- Do you really know each other as persons and understand who you both are as individuals?

- Does your partner have habits or traits that you "cannot stand"?

- Does your partner approve of your interests and activities, and support you in doing them?

- Do you both grow emotionally from being together?

- Has the relationship helped you understand yourself better?

- Do you share similar spiritual values?

- Has your partner ever been physically violent with you?

- Does your partner make you feel good about yourself?

- Does your partner encourage your finishing school and/or getting training for employment?

- Does your partner accept your friendships with other people?

- Does your relationship give you more energy to accomplish what you need and want to do?

- Does your partner respect and treat your child with loving care?

- Are you being realistic about your relationship?

- How would this pregnancy affect a marriage relationship?

- How would your present child affect your relationship?

- Can you depend upon your partner to help you with baby-sitting and other child care responsibilities?

- What are your concerns about staying in school and how does your partner feel about it?

- What community agencies can offer assistance?

- Who can you talk to about your decision?

- How does your partner answer these questions?

- What are your concerns or hesitations about getting married?

- What is your relationship like with your partner's family?

- How do your parents feel about marriage for you?

- How will marriage affect your future?

- How will marriage change your life?

WHAT ARE YOUR VALUES AND FEELINGS ABOUT MARRIAGE?

In the space provided, describe your values and feelings about marriage.

ABORTION

There is a considerable amount of controversy over the question of abortion. Two schools of thought on this issue stand out.

1. Those who believe that abortion is immoral and a choice that should never be made belong to the "Right to Life" school of thought.

2. Those who believe in the right of an individual to choose to have or not to have an abortion. This is called the "Pro-Choice" school of thought.

These issues are very personal and you must decide for yourself what is best for you. The decision must be made according to <u>your</u> values, religious beliefs, family background, etc.

It is not an easy decision to make and should be thought through carefully.

QUESTIONS TO ASK YOURSELF ABOUT ABORTION

Following are some questions to ask yourself if you are pregnant. Think carefully about each question and write your answers in the space provided.

- How do you feel about being pregnant? Are you excited about being pregnant?

- Do you want to have another child?

- How far along is the pregnancy?

- When do you believe life begins?

- How do you feel about abortion?

- Are there cultural or religious beliefs concerning abortion that you feel are important for you to consider?

- How would having another child change your life?

- Can you financially support another child?

- What other options should you consider?

- Are there things you feel you need or want to do before becoming a parent again?

- How many children do you ultimately want to have?

- What kind of family life do you hope to offer your children?

- How does your family feel about pregnancy and abortion?

- How much do your family values play a part in your decision?

- Do you know where to get abortion services?

- Who can you talk to about your decision?

- How does your partner answer these questions?

WHAT ARE YOUR VALUES AND FEELINGS ABOUT ABORTION?

In the space provided, describe your values and feelings about abortion.

Choosing Birth Control

In considering some of the important issues about sexual relationships, pregnancy, and your options, you should also consider methods of birth control.

Should you decide to become sexually active again, it will help to be familiar with these methods. You can then decide which one is best for you, and will help you prevent an unwanted pregnancy.

Having unprotected sexual intercourse is choosing not to take yourself seriously if you do not want to become pregnant. You risk losing many future possibilities.

This next section can help you prevent risks, and show you how to take yourself seriously.

METHODS OF BIRTH CONTROL

There are 10 methods of birth control. They are:

Abstinence
The Pill
Diaphragm
Vaginal Contraceptive Sponge
Foam
Condom
IUD
Withdrawal
Natural Family Planning
Sterilization

Think about the method that is best for you and <u>decide ahead of time</u>, if you plan to be sexually active.

Some methods are more effective than others. Some may have health risks that must be considered.

For example, the IUD may be taken off the market entirely because of the dangers associated with its use.

The Pill has been found to have positive health effects in that it reduces the risk of cancer. Most people are unaware of this, and that the most recent pills have far lower dosages of hormones. These can be adapted as a woman reports any side effects.

Other methods may be less effective. Some are more convenient to use than others, especially at the moment when you need it. Cost may be a factor. Do you want to carry birth control with you, or would you prefer not to have to carry it?

BIRTH CONTROL METHODS AND HOW TO USE THEM

Following are descriptions of the methods of birth control. As you read them, think about what best suits you and your needs. Take into consideration your age, values, parents' reaction, and partner.*

METHOD: **ABSTINENCE**

What is it?
Abstinence means not having sexual intercourse.

How does it work?
By avoiding intercourse, couples eliminate the risk of pregnancy.

How is it used?
Couples decide to express their affection through means other than intercourse.

How reliable is it?
Abstinence is the only 100% effective method of birth control.

Are there side effects?
None.

Does it affect sex?
For many couples, abstinence is an acceptable alternative to intercourse.

Where can I get it?
No prescription or examination is necessary.

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*This section on birth control methods is adapted with permission from Basics of Birth Control, Planned Parenthood of Wisconsin.

METHOD: **THE PILL**

What is it?

A pill is made of a combination of hormones almost the same as those produced by the ovaries in a woman.

How does it work?

It prevents the ovary from releasing an egg cell. With no egg cell present, a woman cannot become pregnant.

How is it used?

One pill must be taken each day according to instructions.

How reliable is it?

Of 100 women on the pill, 1 or 2 may become pregnant during a year of actual use.

Are there side affects?

The pill may cause initial minor side effects which can generally be controlled by reducing the dosage or changing the prescription. If weight gain, breast tenderness, or nausea occurs, the woman should ask her doctor to change her prescription. Serious side effects such as blood clotting are uncommon. It is not recommended for women who smoke. It may clear acne, lessen cramps, and regulate menstrual flow.

Does it affect sex?

Convenient, reliable, and not messy. Does not interfere with sex act. May relieve anxiety over pregnancy, thus improving sexual relations.

Where can I get it?

An examination and a prescription are necessary.

METHOD OF BIRTH CONTROL: **CONDOM**

What is it?
A condom is a thin covering made of rubber or a natural membrane used by the male.

How does it work?
It prevents sperm from reaching the egg.

How is it used?
It is rolled on the man's penis (like a glove) after erection but before contact with the vagina.

How reliable is it?
Of 100 women whose partner use condoms for one year, 2 to 10 may become pregnant.

Are there side effects?
It may cause irritation in rare cases.

Does it affect sex?
Some claim condoms decrease sensation.

Where can I get it?
No prescription or examination is necessary. Condoms are available at drugstores and family planning clinics.

METHOD OF BIRTH CONTROL: **DIAPHRAGM**

What is it?

A small, flexible cap-shaped device made of soft rubber.

How does it work?

It prevents sperm from passing into the uterus. It is always used with a cream or jelly that kills sperm.

How is it used?

It is inserted in the vagina up to 6 hours before intercourse and must not be removed until 6 hours after intercourse.

How reliable is it?

Of 100 women who use the diaphragm for one year, 2 to 13 may become pregnant.

Are there side effects?

A small number of women using the diaphragm develop bladder irritations which usually can be corrected by changing the size of the diaphragm. It may cause irritation in rare cases.

Does it affect sex?

If properly inserted, neither partner should feel it. Some may not like inserting a contraceptive before intercourse. Cream or jelly must be applied each time you have intercourse.

Where can I get it?

The woman is fitted for the diaphragm during an examination.

METHOD OF BIRTH CONTROL: **VAGINAL CONTRACEPTIVE SPONGE**

What is it?
A soft, flexible sponge containing a sperm-killing chemical.

How does it work?
It prevents sperm from passing into the uterus. It absorbs and kills sperm.

How is it used?
It is first moistened with water and then inserted into the vagina to form a barrier over the cervix (mouth of uterus).

How reliable is it?
Of 100 women using a vaginal contraceptive for one year, 3 to 16 may become pregnant.

Are there side effects?
It may cause irritation in rare cases.

Does it affect sex?
It may be left in place at least 24 hours to provide continuous protection. No additional preparation is needed for multiple acts of intercourse.

Where can I get it?
No prescription or examination is necessary. They are available at drugstores and family planning clinics.

METHOD OF BIRTH CONTROL: **FOAM AND SUPPOSITORIES**

What is it?

These contain sperm-killing chemicals and are inserted into the vagina.

How do they work?

They kill sperm and prevent them from reaching the egg.

How is it used?

It is inserted before each act of intercourse according to instructions on the package.

How reliable is it?

Of 100 women using a vaginal contraceptive for one year, 3 to 16 may become pregnant. If foam and condoms are used together, there is greater protection.

Are there side effects?

It may cause irritation in rare cases.

Does it affect sex?

It may be messy. Some may not like having to use a contraceptive before each intercourse.

Where can I get it?

No prescription or examination is necessary. They are available at drugstores and family planning clinics.

METHOD OF BIRTH CONTROL: **IUD**

Note: Because of questions concerning the safety of the IUD, most brands have been discontinued. In fact, all IUDs may be taken off the market soon. Careful consideration and discussion with your physician is highly recommended before using this method.

What is it?

The intrauterine device is a small plastic object with nylon threads attached. It is inserted into the uterus. Some IUD's contain copper.

How does it work?

Exactly how it works is not known. The most widely accepted theory is it prevents the egg from implanting in the uterus.

How is it used?

Once inserted, some IUD's may be left in place indefinitely. Others require replacing every few years. The woman should regularly check the threads in her vagina to make sure the IUD is in place.

How reliable is it?

Of 100 women who use an IUD for one year, 1 to 4 may become pregnant.

Are there side effects?

Many women have no problem, but the IUD cannot be used by all women. Sometimes the body "pushes" it out. May cause cramps, bleeding, spotting, or a pelvic infection which can affect fertility.

Does it affect sex?

The IUD is not felt by either partner. May relieve anxiety over pregnancy, thus improving sexual relations.

Where can I get it?

It is inserted into the uterus during an examination.

METHOD OF BIRTH CONTROL: **NATURAL FAMILY PLANNING**

What is it?

A method of avoiding pregnancy which uses a woman's own body signs. This is considered a natural or non-artificial birth control method.

How does it work?

The NFP method shows a woman the days she can get pregnant (fertile days) and the time she can safely have intercourse (nonfertile days).

How is it used?

There are three ways of using NFP:
1) by recording temperatures,
2) by observing mucus made by the cervix,
3) by combining temperature, mucus and other body signs. Each one has specific instructions. Ask a Natural Family Planning counselor.

How reliable is it?

Depending on how Natural Family Planning is used, 1 to 20 women out of 100 may become pregnant during a year of actual use.

Are there side effects?

None.

Does it affect sex?

It does restrict intercourse to certain times of the month.

Where can I get it?

See a person qualified as a Natural Family Planning counselor. No examination or prescription is necessary.

METHOD OF BIRTH CONTROL: **STERILIZATION**

Note: This method of birth control is not used for teens unless prescribed for medical reasons.

What is it?

The male operation is called vasectomy. The female operation is called tubal ligation.

How does it work?

A surgical procedure allows a doctor to cut or band the "tubes" through which sperm or eggs travel through the body to become fertilized.

How is it used?

Sterilization should be considered a permanent method of birth control. Consult a doctor, Planned Parenthood, or other family planning clinic.

How reliable is it?

Virtually 100% effective, although in very rare cases the tubes may rejoin by themselves.

Are there side effects?

All surgery has some risk, but new procedures make these operations simple and safe.

Does it affect sex?

Has no effect on sex drive or sexual functioning. Many feel removing fear of pregnancy improves sexual relations.

Where can I get it?

Vasectomy can be done in a doctor's office or clinic. Tubal ligation may involve short hospitalization or may be done in a doctor's office or clinic.

METHOD OF BIRTH CONTROL: **WITHDRAWAL**

Note: The pregnancy rate for this method is so high it is not considered to be an effective method of birth control. Sperm is released in the initial stages of sexual contact and pregnancy can occur even if there is no penetration of the penis into the vagina.

What is it?
The male withdraws his penis from the vagina before ejaculation so sperm are not deposited in or near the vagina.

How does it work?
It prevents sperm from passing into the uterus.

How is it used?
The man withdraws completely away from the vagina before any sperm is released.

How reliable is it?
Of 100 couples who use withdrawal for one year, there may be 16 to 23 pregnancies.

Are there side effects?
None.

Does it affect sex?
Some couples may find it distracting or frustrating to focus on timing of withdrawal during intercourse.

Where can I get it?
No prescription or examination is necessary.

IF YOU DON'T USE BIRTH CONTROL

THERE IS NO SAFE TIME

TO HAVE SEXUAL INTERCOURSE

WITHOUT

GETTING PREGNANT

Of 100 unprotected sexually active couples, 90 will be pregnant within one year. Those are the facts.

TAKE RESPONSIBILITY FOR PROTECTING YOURSELF

FROM GETTING PREGNANT

AN UNWWANTED PREGNANCY IS MUCH HARDER TO FACE

THAN A DECISION TO PREVENT PREGNANCY

If you have unprotected sexual intercourse you may have gotten pregnant.

SOME SYMPTOMS OF EARLY PREGNANCY ARE:

Missed period or light period

Frequent urination

Abnormal fatigue

Breast tenderness

Appetite change

If you FEEL pregnant

The sooner you know, the better. You will have to make some decisions. If you have any of these symptoms after you have unprotected intercourse, call a clinic and make an appointment for a pregnancy test.

The next section discusses your sexual rights and responsibilities. Knowing them can help you be more assertive and clearer about what you want in a relationship.

Knowing My Sexual Rights and Responsibilities

YOUR SEXUAL RIGHTS AND RESPONSIBILITIES

As a single parent, there are many changes that you will soon be facing in your life. Taking care of yourself and your child, staying in school, and finding a job are all major responsibilities.

When you take on obligations, you are taking on responsibility. For example, deciding to take out a loan for a car is an obligation and a responsibility. You make a conscious decision to take on the responsibility. It is your right to decide when and what responsibility you will take on.

Being sexually active is taking on a big responsibility. You have an obligation to yourself to take it seriously. Using a method of birth control is one way to take responsibility for yourself when you make a decision to be sexually active.

Because you have a responsibility for your future and that of your child, you have a right and responsibility to those things that affect your future. You are the one who will decide which responsibilities you will take on. Making decisions about sexual behavior is part of these decisions. It is your right to choose.

All during our lives we make choices about which responsibilities we want to take on. How we feel about ourselves affects the responsibilities we choose to take on at a particular time. The more highly we respect ourselves, the more seriously we take responsibility.

If you are not ready to take on the responsibilities of a sexual relationship, you can assert your right not to be sexually involved.

Timing is important. If you take on responsibility when you are ready, you are much more likely to handle it comfortably. Waiting for the right time and the right conditions helps you to have more control over your life and what happens to you.

Deciding NOT to be sexually active is your right and a choice. It is another way to be responsible for yourself. You have a choice not to be sexually active at any time in your life.

You may decide not to be sexually active for many reasons. You may want to put your time and energy into building a life for yourself and your child.

You may want to go to college or establish yourself in a career before taking on the added responsibility of a sexual relationship.

Or you may want to wait until you feel completely comfortable with being a parent before being sexually active again.

There are many reasons why people choose not to be sexually active.

To some degree, we are all influenced and pressured by the world around us. Being aware we are of when and how we are influenced helps us to make choices.

The media (television, magazines, etc.) send messages that pressure people to be sexually active. Much of TV gives the impression that sexuality is something that can easily be handled without much thought. It doesn't teach responsibility.

TV is not the real world. It provides us with false images about life and relationships. The heavy focus on sexual relationships conveys a message that is unrealistic in most cases.

How influenced are you by these messages? Examine your own reactions and feelings about what you see on TV and in the movies.

You have rights and responsibilities to consider concerning your sexuality and birth control. Knowing them can help you say no when you do not want to be sexually involved.

You have the right to say no to a sexual relationship at any time. This is one way to have control over your life, to assert your rights, and to assume responsibility for yourself and your future.

If you do decide to be sexually active, remember that you increase your risk of getting or giving a sexually transmitted disease.

Besides not having sex, the best way to avoid sexually transmitted diseases is to ALWAYS use condoms. If your partner won't cooperate, tell him he is not caring for himself or for you.

If someone does not cooperate with you, you may need to decide whether you want to be involved with a person who does not show care and concern for you.

For teen parents, another pregnancy increases your responsibilities and obligations. It makes it harder to finish school, harder to cope with the demands of child care, and it limits your freedom to choose your future.

Knowing your rights and responsibilities can help you make decisions about your life and future. Examples of basic RIGHTS follow.

The list is not complete. You may have other rights that you feel are important, too. Examine the list and think about other basic rights you have that can be added to this list.

YOU HAVE THE RIGHT

- To say "NO" to your partner if you are asked to have sexual intercourse;
- To decide what is best for you and not to be pressured into doing something you think is not good for you;
- To decide what it means to you to be sexually involved (i.e., holding hands, kissing, hugging, sexual intercourse);
- To decide IF you want to become sexually active;
- To decide the best time for you to become sexually active;
- Not to be pressured into having sexual intercourse or any form of sexual touching;
- To protect yourself from pregnancy by using a method of birth control;
- To seek and obtain birth control information and methods;
- To choose whether or not to have a baby, if you become pregnant;
- To choose to keep your baby or offer it for adoption.

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YOU HAVE A RESPONSIBILITY

- To KNOW AND UNDERSTAND the consequences involved in becoming sexually active;
- To avoid pregnancy if you are not ready and able to be a good parent;
- To choose the best method (for you) of pregnancy prevention, if you decide to become sexually active;
- To tell your partner your expectations for your relationship;
- To learn about your body, its reproductive system, and how it works;
- To protect yourself against getting sexually transmitted diseases;
- Not to pass on a sexually transmitted disease;
- To inform your partner if you have a sexually transmitted disease;

You have a choice to be nonsexual friends with your partner. Many teens are choosing this option as they set long-term goals for themselves. You do not need to be sexually intimate to communicate that you really care for someone.

There are a number of ways to be involved with a special person without "having sex." Holding hands, hugging, and kissing can be sexual ways of communicating your feelings. These are ways that will not cause pregnancy.

Challenge yourself to come up with some new ideas about expressing your feelings in a nonsexual way. Talk to your partner about it. Make decisions together about how you want to be involved.

Be sure that the decisions are made on an equal basis and that you both agree with the outcome, but if he disagrees, you can agree to disagree.

If you are feeling pressured by someone to be sexually active, there are responses you can use to say no. You might want to come up with some of your own ahead of time. Take a look at what other teens say in this kind of pressure situation:

PRESSURE "LINES" AND ASSERTIVE RESPONSES*

Line: "Everybody's doing it."

Reply: "Well, I'm not everybody. I'm me. Besides, I don't really believe everybody is doing it. I think it's a lot of talk."

Line: "If you love me, you'll have sex with me."

Reply: "If you love me, you'll respect my feelings and not push me into doing something I'm not ready for."

Line: "If you won't have sex with me, then I don't want to see you any more."

Reply: "Well, if that's the way you feel, I'm going to miss seeing you, that's the way it's gotta be."

Line: "I know you want to do it. You're just afraid of what people will say."

Reply: "If I wanted to do it, I wouldn't be arguing with you about it."

Line: "It's just part of growing up."

Reply: "Having sex doesn't mean you're grown-up. To me grown-up means deciding what I believe and then sticking to those beliefs."

Line: "I want to marry you someday."

Reply: "Marriage is a long way off for me. There's lots I want to do and see. I want to wait until I'm older to have sex."

Line: "We had sex once before, so what's the problem now?"

Reply: "I have a right to change my mind. I've decided to wait until I'm older."

Line: "You don't want people to think you're not a man (woman)."

Reply: "Having sex doesn't prove you are a man (woman). It's not for me right now."

Line: "Don't you want to try it to see what it's like?"

Reply: "I think that's a pretty poor reason to have sex, pretending to care just so you can see what it's like. No thanks."

Line: "But I have to have it."

Reply: "No you don't. If I can wait, you can wait."

Line: "If you want to be popular with the kids at school, you'll do it."

Reply: "I don't have to depend on sex to be popular. I have more to offer than that. People like you because of the kind of person you are, the kind of character you have."

Line: "If you get pregnant, I'll marry you."

Reply: "I don't want to risk getting pregnant, and I'm not ready to get married."

Line: "You want it as much as I do."

Reply: "No, I really don't. I've got a lot of plans for my life and I don't want to mess things up by getting pregnant."

Line: "You've gotten me all excited. If you love me, you'll prove it."

Reply: "Having sex doesn't prove you're in love. I have too much self-respect to get sexually involved before I'm ready for it. I've decided to wait."

Line: "Hey, let's find out about the fireworks they are always talking about on TV and in the movies."

Reply: "TV and the movies are just shows, a make-believe world, not the way life really is. 'Fireworks' like that don't usually happen except maybe when you have invested a lot of time with another person and deeply care for that person."

Line: "Come on, take a drink. It will get you in the mood."

Reply: "No thanks, I've had enough. I don't want to get drunk and not know what I'm doing."

Line: "If you don't someone else will."

Reply: "If all I mean to you is a body to have sex with, maybe we'd better take a closer look at why we see each other. You have no right to use me."

Line: "A lot of your friends are doing it. You're just not with it."

Reply: "What my friends decide to do is their business. I make my own decisions. What may be right for my friends isn't necessarily right for me. I've decided to wait. That's my decision."

THREE SIMPLE ASSERTIVE TECHNIQUES

1. Say no and keep repeating it. Don't offer reasons or excuses for saying "no".

2. Take the offensive. State how the person's continued pressure is making you feel.

3. Refuse to discuss the matter further. Walk away from the situation.

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Source: Planned Parenthood of Wisconsin. Milwaukee, Wisconsin.

REVIEW

Know your sexual rights and responsibilities before you act. This exercise will help you identify what they are.

Your rights and responsibilities are interwoven as part of your sexual identify. Knowing them will help you to know yourself better.

On each line write in what you consider to be your personal rights and your responsibilities concerning your sexuality.

Thinking Before Acting

A GUIDE TO SEXUAL DECISION-MAKING TO HELP YOU THINK BEFORE YOU ACT

If you are thinking about becoming sexually active again, or if you already are, you might want to answer the following questions as you make some decisions about your sexuality.

What are the top five priorities in your life?

1. _____

2. _____

3. _____

4. _____

5. _____

What are your plans for the future (i.e., career, education)?

_____

_____

_____

What do you look for in a partner?

_____

_____

_____

What are your reasons for being sexually active?

_____

_____

_____

What are your responsibilities for communicating with your partner about feelings and outcomes?

_____

_____

_____

If you decide to become sexually active, what method of birth control will you use? (See the list of different methods in this section.)

_____

_____

_____

What are the physical and emotional risks of being sexually active?

_____

_____

_____

Would you be able to handle another child? Yes _____ No _____

If yes, how would you be able to take care of another child (financially, emotionally, your need for growing up, your need to complete your education)?

_____

_____

_____

Would having sex affect your feelings about yourself, your child, your partner, your family? If yes, how would it affect your feelings?

_____

_____

_____

What are the most important things you want in a method of birth control (i.e., cost, ability to prevent sexually transmitted diseases, ease of use, partner's acceptance of the method)?

_____

_____

_____

You and your partner can get birth control information at family planning clinics or from your family physician. How likely are you to seek this?

_____

_____

_____

Where in your community would you go to get birth control information?

_____

_____

_____

CHOOSE A BIRTH CONTROL METHOD

Is there a method or combination of methods you would realistically use EVERY time you have intercourse? Check one or more of the following:

_____ Condom

_____ Pill

_____ Diaphragm

_____ IUD

_____ Vaginal contraceptive sponge

_____ Foam

_____ Withdrawal

_____ Natural family planning

If you are having sexual intercourse but do not want to use a method of birth control, what are your reasons for not using some form of protection?

_____

_____

_____

When it comes to taking care of yourself, think of yourself as your best friend.

Preventing Sexually Transmitted Diseases

SEXUALLY TRANSMITTED DISEASES (STD)

Sexually transmitted diseases can affect anyone who is sexually active. Knowing the signs and symptoms of STDs can help you recognize them. If you should have any symptoms of an STD contact a physician immediately for testing and treatment.

The signs of having an STD include:
- redness or soreness of the genitals;
- pain when urinating, cloudy or strong smelling urine;
- unusual discharge from the penis or vagina;
- sores or blisters on or around the genital area or inside the mouth;
- itching or a rash on or around the genitals;
- abdominal cramps;
- fever;
- a sexual partner with symptoms.

If you have, or have a friend who has, any of these symptoms:
- consult a physician immediately,
- inform your sexual partner(s),
- ask your partner to see a physician,
- abstain from all sexual contact until the infection has cleared.

Some common STDs are:

STD	TREATMENT
Acquired Immunodeficiency Syndrome	none
Chlamydia	antibiotics
Gonorrhea	antibiotics
Genital Herpes	none
Syphilis	antibiotics
Pelvic Inflammatory Disease (PID)	antibiotics
Non-specific Urethritis (NGU)	antibiotics
Monilia	locally applied cream
Trichomonas	oral medication
Venereal Warts	locally applied cream
Crabs (pubic lice)	wash area with a specific medication
Scabies	locally applied cream

Most STDs can be treated with medication. AIDS and genital herpes have no cure. For a description of the symptoms and treatment of STDs contacts the school nurse or any clinic in your area.

The most serious disease that can be transmitted sexually is AIDS (Acquired Immunodeficiency Syndrome). We cannot ignore this problem. Everyone must be aware of how it is transmitted and how to prevent it.

The next section discusses AIDS to help inform you of these factors.

AIDS

WHAT IT IS AND HOW TO PREVENT IT

AIDS, the acquired immunodeficiency syndrome, is a virus which destroys the body's ability to fight infections. No one has recovered from AIDS. Persons with AIDS acquire diseases which lead to death because their immune system is unable to fight infections.

The AIDS virus destroys cells in the body that activate the immune system to protect the body from diseases. It can take years for the symptoms of AIDS to appear in an infected person. However, the AIDS virus can be transmitted soon after a person becomes infected.

Methods of Transmission

The AIDS virus is present in certain body fluids, mainly semen and blood. A person gets the virus by exposure to these infected body fluids. Anyone, heterosexual, homosexual, or bisexual engaging in risky sexual or drug-abusing behavior with an infected person can acquire the AIDS virus.

AIDS can be transmitted in three ways:

1. **Sexual Contact.** Intimate sexual contact is the most common way the AIDs virus is transmitted. It can be passed when an infected person exchanges semen or blood with a sexual partner during anal intercourse or vaginal intercourse. Oral-genital or oral-anal sex may also be ways the AIDS virus is transmitted. Anal intercourse can result in tears of the rectum tissue that can allow the virus to enter the bloodstream.

2. **Exchange of Blood.** Blood-to-blood contact between an infected person and someone else is the second most common way the AIDS virus is passed. This method of transmission is now almost entirely limited to persons **injecting illicit drugs**. The **sharing of IV drug needles and syringes** allows the exchange of blood.

3. **Mother to Child.** Only about 1 percent of AIDS cases in the U.S. occur in children. Most children got the AIDS virus from their infected mothers during pregnancy or childbirth. A few children got the AIDS virus from blood transfusions. The virus may also be transmitted by breast-feeding. Hence, women who have a positive AIDS antibody test should consider postponing pregnancy and should not nurse. Not every child of an infected mother acquires the virus. Why infection occurs in some infants and not others is unknown at this time.

How Can AIDS Be Prevented?

Persons can reduce their risk of getting the AIDS virus by doing certain things. The behaviors listed below should be followed to prevent the spread of the AIDS virus.

A person who is sexually active can get or spread the AIDS virus during sex. The sexual precautions for preventing AIDS are like those used for other sexually transmitted diseases.

1. **Sexual Abstinence.** One of the surest ways of not getting the AIDS virus is to avoid sexual intercourse and other intimate sex.

2. **Sexual Fidelity.** It is nearly impossible for a couple--heterosexual or homosexual--practicing sexual fidelity to get AIDS. This is true unless one partner is infected at the start of the relationship, or abuses IV drugs and shares needles or syringes. However, it is not always possible to know whether one's partner is sexually faithful.

3. **Avoid Exchange of Fluids.** One should avoid genital or mouth contact with a partner's semen, blood, vaginal secretions, or body waste. The proper use of condoms prevents these fluids from entering one's body. The condom should be used for all types of sexual contact. Persons, particular those of high-risk groups, might want to explore ways of showing affection that does not result in the exchange of body fluids.

4. **Careful Selection of Partners.** Any one thinking of having sex with another person should carefully choose the partner. One cannot determine if a person has the AIDS virus. Therefore, it is important to know if a partner is at risk, or has had partners at risk. One should feel free to discuss concerns about AIDS with the person. Stating that you care about the health and well-being of both of you can be a way of starting the talk.

5. **Avoid Prostitutes.** Prostitutes may be infected with the AIDS virus. Some often abuse IV drugs and they have many sex partners. Tests of some prostitutes in large cities have shown evidence of infection. Hence, condoms should be used with prostitutes. Having sex with anonymous partners is always risky.

Persons abusing intravenous drugs often share their needles and syringes. This can result in blood being exchanged. If the blood contains the AIDS virus, then the virus can be passed to anyone who uses the infected needle or syringe.

The best way of not getting the AIDS virus from drug needles and syringes is not to abuse IV drugs. If a person does use illicit drugs, needles should never be shared or used. Since abuse of IV drugs has major health risks, users should seek help in drug treatment programs.

A person abusing IV drugs is more likely to acquire certain diseases. Some drugs like alcohol, amphetamines (speed), marijuana, and nitrites (poppers) may tend to weaken the immune system, but this is not proved. Also, drug use may alter one's judgment. The person might try a high-risk behavior.

Major-Risk Groups

So far in the United States, over 90 percent of persons with AIDS are:

1. **Homosexual and Bisexual Men.** Accounts for about 74 percent of persons with AIDS. Some of these were also IV drug users.

2. **Heterosexual IV Drug Abusers.** Accounts for about 17 percent of persons with AIDS.

3. **Heterosexual Sex Partners of Persons With AIDS or at-Risk for AIDS.** Accounts for about 4 percent of persons with AIDS. Many of these persons were sexual partners of IV drug abusers.

4. **Recipients of Transfused Blood or Blood-Clotting Factor.** Accounts for about 3 percent of persons with AIDS. Includes hemophiliacs who received the blood-clotting factor. Because the blood supply is now safer, very few new infections are expected to occur.

Knowing If One is Infected

Since the AIDS virus is not transmitted by casual contact, most people do not need to worry about whether they are infected. A person should be concerned only if one is or has been a member of a major-risk group, or had sex with people who are in major-risk groups.

The AIDS antibody test is available to persons suspecting infection. Presence of these antibodies (positive test results) means that the person has been infected with the virus. Persons with a positive test can transmit the virus to others. It is important to know that a positive test result does not mean that the person has or will develop AIDS. Some persons with the positive test become ill and others do not. The percent who will become ill is not known.

An infected person may test negative when there are antibodies (false negative). However, these cases are rare. Also, a test taken very soon after becoming infected may be negative. Thee may not have been enough time for the antibodies to develop.

If a person is at risk for getting the AIDS virus, it may be wise to talk with a health care counselor about whether the test should be taken. Some people have concerns about the confidentiality of test results. Local or state health departments provide confidential testing for all persons, including teenagers, at AIDS counseling and testing sites. Positive test results can help infected people make important decisions about their health and the health of others.

Symptoms of Infection with the AIDS Virus

The symptoms of infection with the AIDS virus may not appear for a long period of time. The time between acquiring the virus and having symptoms, called the incubation period, ranges from a few months to several years or longer. Some symptoms of AIDS virus infection are like common minor illnesses, such as the cold or flu. However, the symptoms may not go away or they may keep returning.

Symptoms of persons infected with the AIDs virus can include: tiredness, fever, loss of appetite and weight, diarrhea, night sweats, and swollen lymph glands. The presence of these symptoms may indicate an AIDS infection. Some persons infected with the AIDS virus have these symptoms throughout their illness. Others are in good physical condition, or have both periods of health and illness.

A person cannot determine if she or he has the AIDS virus. Only a physician can diagnose the condition. Anyone at risk who has the AIDS symptoms for more than two weeks should see a physician.

Fallacies About AIDS Transmission

Many people have developed a strong fear of AIDS. This fear has come about for several reasons. For example, people know that AIDS is a deadly disease. Information about AIDS is reported almost daily in newspapers and on radio and television. Also, there are many myths about how the AIDS virus is transmitted.

The AIDS virus is not spread by casual, social, or family contact. Many transmissible diseases like the cold, flu, or measles are passed through sneezing, coughing, sharing of utensils, or being around an infected person. Aids is different. No cases have been found where the AIDS virus has been transmitted by these means.

People can work with others, use public toilets and swimming pools, eat at restaurants and attend public events without the fear of getting the AIDS virus. One has no risk of getting the virus, for example, when eating with or touching a person of a high-risk group. Also, children with the AIDS virus infection pose no risk for other students in the school setting.

The AIDS virus is difficult to transmit. It is passed only during intimate sexual behavior, the sharing of IV drug needles, and from an infected woman to her fetus.

To learn of the nearest place for AIDS/Sexually Transmitted Disease medicare care or to get the latest information, call:

AIDS National Hotline

1-800-342-AIDS

or VD National Hotline

1-800-227-8922

Minors can get Sexually Transmitted Disease treatment without parental consent in every state. That's the law.

AIDS CAN KILL AND MUST BE TAKEN SERIOUSLY BY EVERYONE.

TAKE THE BEST CARE OF YOURSELF THAT YOU POSSIBLY CAN.

PREVENTION IS YOUR BEST CHOICE.

Exerpted and adapted with permission from, AIDS. What Young Adults Should Know, by William L. Yarber, American Alliance for Health, Physical Education, Recreation and Dance, Reston, Va., 1987.

SUMMARY

The following ideas summarize some of the issues covered in this workbook.

1. Decide your future goals for education, career, family, and well-being.

2. Think about whether you are ready for a sexual relationship or if you want to wait until you have a better grasp on your life and future. What would you do if you became pregnant again? What are the consequences of being sexually active?

3. If you do decide to be sexually active, decide which method of birth control suits you best at this point in your life. Think about how frequently you have sex and how comfortable you are with your body. Then decide which method you would most likely use EVERY time you have sex.

4. The best way for you to make a decision about birth control is to gather information on all methods, decide which best suits your values and personal needs, and then, if you want to, talk to people about your choice.

   Health clinics also provide information on pregnancy prevention and have staff you can talk with about your questions. Often, the Nurse Practitioner at a clinic is a good person to talk to.

   Other sources of birth control information are family planning clinics, teen clinics, and hospital obstetrics and gynecology clinics.

5. Learn as much as you can about AIDS and how to prevent it.

Look in the yellow pages of the phone book, under either birth control information centers or pregnancy prevention, for a listing of agencies that provide birth control counseling. When you call, ask if the clinic serves teens, and if they provide the methods that you are seeking. Avoid places that give you vague answers or will not give you a direct answer to your direct questions.

There are also hot lines, crisis centers, women's centers, and street clinics that provide information on birth control methods and where to get it.

Choosing a method of birth control to prevent pregnancy is a major decision that you will make for yourself. Taking it seriously is a sign that you value yourself and your future.

6. The ten methods of birth control are:

1. **Abstinence**
2. **The Pill**
3. **Diaphragm**
4. **Vaginal Contraceptive Sponge**
5. **Foam**
6. **Condom**
7. **IUD**
8. **Withdrawal**
9. **Natural Family Planning**
10. **Sterilization**

You are a special and unique person. Take care of yourself and appreciate your uniqueness. It will help you make better decisions for yourself.

TEEN PARENTING RESOURCES:

CAREER SURVIVAL KIT FOR TEEN EDUCATION AND EMPLOYMENT

...a curriculum package to help teenage parents balance the dual roles of parent and wage earner, attain marketable job skills, explore nontraditional occupations, make decisions about employment, career options, and the world of work. The Kit can also be used with youth who are at-risk in school programs and community-based organizations. The workbooks were pilot tested in secondary schools. Package components are designed for youth and staff. Materials are designed for active participation using awareness raising activities to build skills that will help the student make the transition to the world of work.

LIFE SKILLS WORKBOOK: A GUIDE TO PERSONAL GROWTH

...teaches skills necessary to take control and manage one's life. Topics include Support Network, Self-Awareness/Esteem, Values, Decision Making, Stress Management, Time and Money Management, Child Care, and Child Abuse and Neglect.

CSK201 ..... $12.50

RESOURCE DIRECTORY FOR SINGLE PARENTS

...identifies educational options and information, financial aid resources and programs for employment and training. Financial resources such as AFDC, WIC, WEOP, and services from city or county Departments of Health and Social Services are described. These resources can be found in most states and many communities. While the listings are specific to one location, they serve as illustrations of the kind of help that is available throughout the nation.

CSK204 ..... $6.50

OCCUPATIONS DIGEST

...provides descriptions of 400 occupations including wage information, work places, method of entry, working conditions, moving up in the job and worker comments. It is written at an easy reading level and includes graphic illustrations throughout the book. This book is used as a resource for the **Career Planning Workbook.**

CSK206 ..... $36.00

PERSONAL CHOICES PERSONAL POWER

...activities focus on sexual rights and responsibilities, sexual decision making, short and long-term goals, relationships and goals, consequences of pregnancy. Pressure "lines" and assertive responses are included with examples of how to say no.

CSK202 ..... $6.50

STAFF USER GUIDE FOR TEEN PARENT PROGRAM PLANNING AND IMPLEMENTATION

...provides information and resources for staff working with teenage parents. Topics include: Statistics on teenage pregnancy and parenting, characteristics of teen parents, information on dropout prevention strategies and resources, issues concerning specific groups, e.g., minorities, teen fathers, rural/urban factors, model programs and strategies.

CSK205 ..... $12.00

PREP

...is a 54 page activity book designed to help individuals look at their interests and abilities as they relate to work. It includes activities on interests, school subjects, education and training, abilities, work methods, physical effort, job location, mobility, industries, budgeting, values, decision making and examining occupations. This activity book is used in conjunction with the **Career Planning Workbook.**

CSK207 ..... $3.00

CAREER PLANNING WORKBOOK: FROM ASTRONAUT TO ZOOLOGIST

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